

Tennis Talk, Psych Yourself To Win!!!: Affirmations For Mental Fitness In Tennis By Paula Helen Whittam

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I will not get in anyone's face or push my views or wants or needs on anyone.

That was before Aubrey was old enough to walk.

And it's a long freakin drive.

So I made her lead me back to it.

I was behind her in the tunnel.

Yes, you read that right.

You get to make shit up.

The only way off is by ship, the only supplies are the ones brought in.

And if I thought about myself even for a moment I was selfish, self centered, and horrible.

Talking about finances part 1 Posted by: mercyceleste on: February 25, 2016 In: Uncategorized 2 Comments Over the years certain things have become apparent to me.

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This is the simple act of regularly mentally imagining yourself playing the 'perfect tennis match and bad past experiences would surface and talk me right out of

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So think of ways you can psych yourself up, and make a list of options. Use motivating self-talk. when he s playing tennis,

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